

# SENIOR SPARKS

## *Mansfield Senior Center Newsletter*

~ NOVEMBER 2015 ~

*Give Thanks!* 

JOIN US THIS MONTH AS WE REMEMBER AND REFLECT  
ON EVERYONE AND EVERYTHING WE'RE SO VERY THANKFUL FOR!

### **THANKSGIVING LUNCHEON & INSPIRATIONAL PROGRAM WITH MOTIVATIONAL SPEAKER/SURVIVOR/THRIVER BETH USHER**

#### **LUNCHEON AT 12PM**

Turkey, Mashed Potatoes, Stuffing, Gravy, Green Bean Casserole,  
Cranberry Sauce and Pumpkin Pie

#### **PROGRAM AT 1PM**

Local celebrity Beth Usher shares her story of having half of her  
brain removed at age 5, how she survived and now thrives on  
humor, love, kindness & making positive choices.

Come hear her inspirational story and see pictures and videos of her journey.  
You will leave with a smile on your face and a new lease on life.

In honor of Beth, we are asking members of our community to practice  
Random Acts of Kindness throughout the month of November!

Email Sarah your pictures or stories at [taylors@mansfieldct.org](mailto:taylors@mansfieldct.org)  
so that we can display them at the Senior Center and show just how much  
kindness we can spread throughout the world!

~ **WEDNESDAY, NOVEMBER 18TH** ~

**\$7.00 PER PERSON**

**PLEASE MAKE YOUR RESERVATION AT THE FRONT DESK BY NOVEMBER 9TH**

### **THANKFUL GATHERING**

Join us for this wonderful opportunity to sit and share with friends!  
Bring along your favorite works of poetry, writing, art & your memories of  
Thanksgivings past and your open heart to welcome in the holiday season together.  
Light hors d'oeuvres will be served.

~ **WEDNESDAY, NOVEMBER 25TH AT 10:30AM** ~

**PLEASE REGISTER AT THE RECEPTION DESK BY NOVEMBER 20TH**



**Mansfield Senior & Wellness Center**  
**303 Maple Road, Mansfield, CT 06268 Tel: 860-487-9870 Fax: 860-429-3208**  
**Town Website: [www.mansfieldct.gov](http://www.mansfieldct.gov)**



## **MANSFIELD SENIOR & WELLNESS CENTER**

MONDAY THROUGH FRIDAY  
8:30AM TO 4:30PM

**TEL: 860-429-0262**

**FAX: 860-429-3208**

**WWW.MANSFIELDCT.GOV**

### **SENIOR CENTER SUPERVISOR:**

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SARAH DUFRESNE

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## **Senior Center Update**

*From Sarah Taylor, Senior Center Supervisor*

Thank you to everyone who attended, and all those who worked so hard to make our 40th Anniversary such a wonderful celebration! A very special thank you to Marilyn Gerling for joining us! As the Coordinator for over 15 years, Marilyn played a monumental role in the history of our Senior Center; she was a dynamic leader, known for her kindness, and a mentor to many. Having her here for our Anniversary, dancing and reuniting with friends was one of the highlights of the day!

This month we have much to be thankful for. We will honor and recognize our Veterans for their sacrifice and service to our country at our Annual Veterans Day Celebration on November 13th. On November 18th, we will celebrate Thanksgiving and welcome Beth Usher, whose story and spirit are truly inspirational. And on November 25th, we will gather with friends to greet the holiday season, share delicious hors d'oeuvres and give thanks for this wonderful community. We hope that you'll join us for these special events and more, and we wish you and your families a very happy and healthy Thanksgiving!

### **CHECK US OUT ON FACEBOOK!**



We're thrilled to announce that we have officially launched the Mansfield Senior Center Facebook Page! Check out our page often for interesting stories, program & event information and an opportunity to connect with local resources & organizations for Seniors!



**THANK YOU THANK YOU THANK YOU**  
TO ALL OF OUR WONDERFUL VOLUNTEERS!  
WE COULDN'T DO WHAT WE DO WITHOUT YOU!

***Free Copies of SPARKS  
are always available at the  
Senior Center, the Library, the  
Community Center & the Town Hall.***

***Or, look us up online at:  
www.mansfieldct.gov, and  
click on "Seniors"***

**SPECIAL MEETING  
OF THE MANSFIELD SENIOR  
CENTER ASSOCIATION, INC.,**

**TO VOTE ON THE  
REVISED PROPOSED BUDGET,  
FY 30 JUNE '15 TO 1 JUL '16**

**TUESDAY, NOVEMBER 10<sup>TH</sup> AT 12:30PM,  
IMMEDIATELY FOLLOWING LUNCH**

The Mansfield Senior Center Association, Inc.,  
will now be requesting a donation of 25 cents for  
a six-ounce cup of coffee, tea, or hot chocolate.

We appreciate your donations so that we may  
continue to offer you this wonderful service.

*Thank you!*

**MANSFIELD SENIOR CENTER  
ASSOCIATION, INC.  
EXECUTIVE BOARD MEMBERS  
1 JULY 2015 TO 30 JUNE 2017**

PRESIDENT:	JEAN ANN KENNY
VICE PRESIDENT:	LINDA WOHLLEBE
IMMEDIATE PAST	
PRESIDENT:	RITA BRASWELL
SECRETARY:	BEVERLY GOTCH
FINANCE OFFICER:	JEAN ANN KENNY
TREASURER:	JEAN ANN KENNY
ASSNT. TREASURER:	VACANT
MEMBER-AT-LARGE:	CINDY SCHAFER

**COMMITTEE CHAIRS**

TRAVEL:	KAY WARREN
PROGRAM PLANNING:	JOAN DOIRON
WAYS & MEANS:	BETTY SAVAGE
MEMORIAL COMM.:	LINDA WOHLLEBE
COMPUTER COMM.:	ROTATING
SPARKS COMMITTEE:	RITA BRASWELL
SPARKS SUBSCRIPTION	
MANAGER:	KATHY RULE

**MSCA Executive Board & Association  
Meeting Schedule**

ASSOCIATION MTG	NOV. 10 <sup>TH</sup> AT 12:30PM
EXECUTIVE BOARD	NOV. 10 <sup>TH</sup> AT 1:00PM
ASSOCIATION MTG	DEC. 9 <sup>TH</sup> AT 12:45PM
EXECUTIVE BOARD	DEC. 9 <sup>TH</sup> AT 1:30PM

**TO REACH THE ASSOCIATION,  
PLEASE CALL 860-429-0262, EXT. 5**

**MANSFIELD SENIOR CENTER ASSOCIATION, INC.**  
*Greetings from MSCA*

This season of harvest and thankfulness brings us joy and  
friendship. Beth Usher will inspire our good will for the  
Holidays. Please join us for our thanksgiving dinner and  
program November 18th.

I wish to thank Gladene Fait for providing us with a "new  
original" of the CCC Booklet for the 40<sup>th</sup> Anniversary and  
for all of the work she has put in to develop the History of  
the Mansfield Senior Center Association and many other  
activities.

We need to have a small committee to work on our  
historical memorial material. Please call me if you are  
interested. We will have a "Mini Bazaar" November 18th  
& 19<sup>th</sup> from 11am to 3pm. Please donate nice gift items for  
this Bazaar. If you can offer to work a few hours, call and  
tell Betty Savage or me.

The Board has decided to encourage donations for coffee  
& tea, etc. The cost for three months of coffee, tea, cocoa  
and supplies necessary for this service is \$400. So we're  
going to be asking you for 25 cents for a six ounce cup.  
Donate when you can. Thank You!

As the winter is coming upon us, consider bringing a  
sweater and choose to sit where it is warm if you are  
susceptible to chills.

There will be a Special Meeting to vote on the revised pro-  
posed Budget. A copy will be on the Bulletin Board and  
copies will be available for your viewing. This will be a  
quick meeting on TUESDAY, NOVEMBER 10th at  
12:30. Thank you for your time and assistance.

Thank all of you for your positive attitudes and kindness.  
Jean Ann Kenny, President  
860-429-1183

**SAVE THE DATE!!**

**MINI BAZAAR**

**AT THE MANSFIELD SENIOR CENTER**

***LOTS OF HOLIDAY GIFTS – SHOP EARLY!***

**WE WILL GLADLY ACCEPT NEW OR  
GENTLY USED HOLIDAY ITEMS.  
PLEASE, NO CLOTHES, SHOES OR PURSES.**

**WEDNESDAY & THURSDAY,  
NOVEMBER 18<sup>TH</sup> & 19<sup>TH</sup>  
11:00AM TO 3:00PM**

## ***New in November***

### **NEWCOMER'S BREAKFAST** ~ Friday, November 6th at 9:00am ~



Join us for a delicious continental breakfast and an opportunity to learn all you ever wanted to know about the Senior Center!

**Please call 860-487-9870 to register by November 4th.**

### **SMILING SENIORS** ~ Friday, November 6th at 2:00pm ~ COME PLAY ORAL HEALTH EDUCATION "WHEEL OF FORTUNE" WITH UCONN HEALTH PROFESSION STUDENTS

#### ***WHAT SENIORS ARE SAYING:***

"THIS IS A GREAT WAY TO INFORM PEOPLE ABOUT DENTAL NEED AND IT IS A VERY FRIENDLY WAY TO DO SO."

"IT WAS SO FUN AND INFORMATIVE"

"THE STUDENTS WERE QUITE KNOWLEDGEABLE AND FRIENDLY. I LEARNED SOME THINGS I WAS NOT AWARE OF. THANK YOU!"

"A VERY INTERESTING YOUNG GROUP OF WOMEN AND MEN!"

#### **FREE GOODIE BAGS!**

### **INTERNATIONAL & INTERGENERATIONAL** "BRINGING THE CULTURES TOGETHER" ~ Thursday, November 12th ~ from 1:30-3:30pm

Foreign students in UConn's intensive English language program are enrolled in a service learning course and coming to the Mansfield Senior Center to connect with local seniors, share their culture, learn about American experiences, and improve their conversational skills.

Come learn about Saudi Arabia, China, Japan, and Korea and help expose these students to America!

**Please call 860-487-9870 to register**

### **SAVVY SOCIAL SECURITY** **PLANNING**

~ Tuesday, November 10th ~  
from 9:00-10:00am



This seminar is to help baby boomers understand how to maximize retirement income.

Learn the answers to some of your questions such as if social security will be there for you, how much you can expect to receive, when you should apply for social security, how to maximize your benefits, if social security will be enough to live on in retirement, and more!

**Please call 860-487-9870 to register by November 6th.**

### **LET YOUR YOGA DANCE!** ~ Friday, November 20th at 10:45am ~



Give yourself the gift of attending a workshop combining slow flowing yoga postures with joyful natural movement accessible to everyone!

Mindful breathing and soothing yoga postures will reduce stress and increase body awareness, flexibility and balance.

Facilitated by Peggy Dillon, Certified Yoga Dance Teacher, licensed clinical social worker and proud member of both the Mansfield Senior Center Chorus and the Sparkettes.

*PLEASE WEAR LOOSE, COMFORTABLE CLOTHING AND BRING A YOGA MAT IF YOU HAVE ONE.*

*THERE IS NO FEE FOR THIS CLASS, BUT, DUE TO SPACE LIMITATIONS WE WILL NEED TO LIMIT IT TO 10 PARTICIPANTS.*

**Please call 860-487-9870 to register.**



# Focus on Fitness

**FIT IS NOT A DESTINATION,  
IT IS A WAY OF LIFE**

## Walking DVD

Do you have 40 minutes to devote to your health? That's all it takes to walk two miles with our morning walking group!

**Mondays 9:00-9:40am**

**Wednesdays 9:00-9:40am**

**Fridays 9:00-9:40am**

**\*NO CLASS 11/4, 11/11 or 11/27\***

**There is no need to pre-register and no fee for this class.**

## Strength & Stability

**\*New Time\***



This is a cardio and toning class that utilizes weights, bands and stability discs. The class is designed to work your body at whatever level you're comfortable.

**Pre-registration is required.**

**Tuesdays 9:00-10:00 am**

**4 Classes—\$20 R / \$24 NR**

**Thursdays 9:00-10:00 am**

**2 Classes—\$10 R / \$12 NR**

**\*NO CLASS 11/5 or 11/26\***

## OPEN EXERCISE ROOM

### AVAILABILITY

Do you have an exercise DVD you want to do with friends and no place to watch it together? Do you like to do stretching and need room to spread out? Did you just learn a new dance and need a space to practice?

Times have been set aside times for an open exercise room. It will be on the first come first serve basis.

**Mondays 1:00pm-4:00pm**

**Fridays 1:00pm-4:00pm**

## Senior Aerobics



This high energy class provides a complete cardio workout with a combination of standing exercises and mat work.

**Pre-registration is required.**

**Mondays 9:00-10:00am**

**5 Classes—\$25 R / \$30 NR**

**Thursdays 3:15-4:15pm**

**2 Classes—\$10 R / \$12 NR**

**\*NO CLASS 11/5 or 11/26\***

## Power of Aging

This weight-bearing exercise program is designed for those who want to improve their muscle power, strength, balance and endurance. Class begins with a warm-up and continues with a variety of exercises designed to increase muscular strength, range of movement, flexibility, balance and core strength.

**Pre-registration is required.**

**Tuesdays 11:00am-12:00pm**

**4 Classes—\$20 R / \$24 NR**

**Thursdays 12:00-1:00pm**

**2 Classes—\$10 R / \$12 NR**

**\*NO CLASS 11/5 or 11/26\***



## Tai Chi Cooperative Group

**\*New Time Added\***

Join us for this cooperative, self-led group! Practice various forms and routines with the help of DVDs and cooperative learning. All levels welcome.

**Wednesdays 10:00-11:00am**

**Fridays 10:00-11:00am**

**\* NO CLASS 11/4, 11/11, 11/27\***

**There is no need to pre-register and no fee for this class.**

## Gentle Yoga

Experience the many health benefits of this gentle restorative practice, including improved strength, flexibility, range of motion & relaxation. This class is open to students of all levels, and no previous yoga experience is required. Students with chronic conditions, injuries or arthritis will also benefit from this class.

**Pre-registration is required.**

**This class is limited to 12 students.**

**Wednesdays 11:00am-12:00pm**

**2 Classes—\$10 R / \$12 NR**

**\*NO CLASS 11/5 or 11/11\***

## Tap Dancing for Seniors



### Sparkettes Performing Group Class

This tap class is for dancers who have previous experience and are interested in performing at a variety of local settings. The class will focus on footwork, precision, speed and performance skills.

**Pre-registration is required.**

**Mondays 10:15-11:45am**

**5 Classes—\$22.50 R / \$27 NR**

## Fundamentals of Tap

This is a tap dancing class for beginners or those that need a refresher from previous lessons. The class will focus on steps and footwork.

**Pre-registration is required.**

**Wednesdays 1:00-2:00pm**

**1 Class—\$5 R / \$6 NR**

**\*NO CLASS 11/5, 11/11 or 11/25\***

**\*\* Resident and Non-resident Prices listed are for the month of November\*\***

**For more information on class registration,  
please call Senior Center Receptionist Kathy Yaffee at 860-487-9870**



## ***CREATIVE ARTS***

### **Quilting**

Join this class and quilt all day! Whether it's a new project that has you stumped, a quilt that just needs a border or a new project that needs a jump start, bring it in and get some encouragement and class motivation with Pat Ferguson as your "Quilting Coach." Bring your sewing machine or sew by hand. You are welcome to bring your lunch, sign up ahead of time for lunch at the Senior Center, or order a take out lunch at a local restaurant.

**Monday, November 2nd 10:00am-4:00pm**

**Monday, November 23rd 10:00am-4:00pm**

**\$30.00 R / \$35.00 NR per day**

### **Wood Carving**

Try your hand at this ancient art with members of the Mystic Carvers Club! There is no fee for this class, and beginners do not need to bring any supplies—come try it out first; the group leaders will then recommend beginner tools and local suppliers. For more information visit [www.mysticcarvers.com](http://www.mysticcarvers.com).

**Wednesdays at 9:30am**

### **Jewelry**

If you've passed by the Craft Room on a Thursday afternoon, you've probably heard laughter and chatter as the "beaders" create beautiful necklaces, earrings, bracelets and more! New members are always welcome!

**Thursdays at 1:00pm**

### **Knitting & Crocheting**

Come enjoy knitting or crocheting with friends!

**Fridays at 10:00am**

### **Art Studio**

Our expansive craft room is available for you to come in and work independently on your own project...with the company of some great artists!

**Fridays at 1:00pm**



## ***WELLNESS PROGRAMS***

### **Mini Spa**

Michelle DeLuco of Kennedy & Co. Salon & Spa will be here to offer spray bottle variety haircuts, clipper cuts and eyebrow or beard trimming. The price for haircuts is \$15, payable directly to Michelle at the time of the appointment. Hope Charette of Hope & Wellness Salon will also be here to offer manicures or pedicures. The price for nail clipping is \$15, payable directly to Hope at the time of the appointment.

**November 9th from 9:00am-12:00pm**

### **Massage Therapy & Reflexology**

Deb Turner, L.M.T. from Harmony Massage in Storrs provides 25-minute table massages for all over relaxation, or reflexology sessions to treat tired and sore feet. Both are a great way to increase flexibility, blood flow, relieve muscle tension and manage pain. The \$15.00 fee is payable directly to Deb at the time of the appointment.

**November 12th from 9:00am-12:00pm**

### **Reiki**

Reduce stress, stimulate your immune system and manage pain & symptoms with this gentle hands-on ancient therapy. Provided by Reiki Master Bette Giordano. The cost for a 1-hour session is \$30.00.

**November 12th from 9:00-11:00am**

### **Hearing Clinics**

Individual appointments are available for hearing tests, hearing aid checks & wax inspection with Audiologist Nancy Jablonski.

**November 12th from 11:00-4:00pm**

### **Podiatrist**

Complete foot care & podiatric evaluations. Medicare will be billed if eligible.

**November 17th from 9:00—12:00pm**

### **VNAEast Adult Health Screenings**

Blood Pressure, Foot Care & Ear Flushing for a nominal fee.

**November 18th from 1:00-3:00pm**

### **Herrmman Blood Pressure Clinic**

Blood Pressure Screenings for those 55 and above. There is no cost and no pre-registration required.

**December 2nd from 11:30am-12:00pm**

**Please call Senior Center Receptionist  
Kathy Yaffee at 860-487-9870 for more  
information or to make your appointment.**

## GROUPS & CLUBS

### Genealogy Group

Led by Helen Collins, this group meets to share their progress in searching for their ancestors. Helen keeps the group updated with new websites and information, and plans trips to libraries and other facilities where members can research their genealogy. Just beginning? The group will give you suggestions to get you started! This group meets on the **2nd Tuesday of each month at 10:00am.**

### Photo Club

This group meets on the **1st & 3rd Friday of each month at 10:00am.** Please call Dan Gebben at (860) 576-1122 for more information.

### Senior Center Chorus

Looking for an opportunity to harmonically sing and perform soprano/alto/tenor/bass music? It's not too late to join the Mansfield Senior Center Chorus which started rehearsing September 14th to start preparing for our December concerts at local nursing homes, rehab facilities and Senior Centers. All practices and performances occur during daytime hours. Enjoy singing choral music whether you're a novice or accomplished singer! For more information on joining the Chorus please contact Stu Sidney at 860-429-7271 or Joan Doiron at 860-576-7754.

**Mondays 1:30 - 3:00pm**

### Writing Group

Come tell your secrets with pad and pen, discuss your life from way back when. A good friend found, now in the "loop," come and join our writing group. We hope to see you there!

**Wednesdays at 10:00am**

### Causeries en Français

Parlez-vous Français? Bring along a bag lunch and join us for an hour of great conversation en français!

**Wednesdays at 12:00pm**

## MOVIE DISCUSSION GROUP



**Join us for "Still Alice,"**  
a movie based on the award  
winning novel about a woman's  
struggle with Alzheimer's.  
**Starring Julianne Moore**  
**& Alec Baldwin.**

**Refreshments will be provided.**  
**~ November 2nd at 1:00pm ~**



## ~ CARDS & GAMES ~

### WII BOWLING

Mondays at 10:00am  
Tuesdays at 10:00am  
Wednesdays at 1:00pm  
Thursdays at 10:00am  
Fridays at 10:00am

### BRIDGE

Thursdays at 1:00pm

### DUPLICATE BRIDGE

3rd Friday at 12:45pm

### SCRABBLE

Tuesdays at 10:00am  
Fridays at 10:00am

### MAHJONGG

Mondays at 1:00pm

### BINGO

Tuesdays at 1:00 pm

## Wii BOWLING LEAGUE!



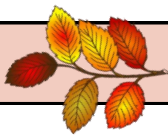
### THE MANSFIELD SENIOR CENTER WII

**BOWLERS ARE HITTING THE ROAD! ONCE A MONTH, WE'LL TRAVEL TO OR HOST A DIFFERENT SENIOR CENTER FOR SOME FRIENDLY COMPETITION AND A CHANCE TO MEET NEW FRIENDS. THE LEAGUE WILL RUN FROM OCTOBER TO APRIL WITH AN END OF THE SEASON TOURNAMENT IN MAY. WE'RE STILL LOOKING FOR A FEW FOLKS TO ROUND OUT OUR ROSTER, SO IF YOU'D LIKE TO JOIN THIS FUN BUNCH, PLEASE CALL CARA AT 860-487-9872. NO PREVIOUS PLAY NECESSARY!**

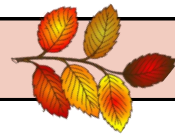
**CHEER US ON**  
**IN OUR NEXT MATCH!**

**NOVEMBER 17TH AT 9:30AM**  
**AGAINST COLCHESTER**





# NOVEMBER DAY TRIPS



## **WASDWORTH ATHENEUM ~ HARTFORD, CT**

**NOVEMBER 6TH FROM 10AM-4PM**

This gem of a museum located in downtown Hartford always has new and exciting exhibits! For the first time in 50 years, all the athenaeum's exhibits are open to the public! Come and see this lovely museum's transformation for yourself! Lunch available at the museum café. Admission \$8

## **THE WWII AMERICAN VOLUNTEER GROUP "THE FLYING TIGERS" ~ ASHFORD, CT**

**NOVEMBER 9<sup>TH</sup> FROM 12:30PM-3PM**

Authorized by President Franklin Roosevelt, the Flying Tigers was the 1<sup>st</sup> American Volunteer Group, composed of volunteers from the US. It was a special and successful unit whose Curtis P-40 planes had a unique appearance – "shark teeth!" Come and share in this wonderful presentation by Tom Pandolofi. Tom has amassed the largest collection of Flying Tiger memorabilia known. His collection is on permanent display at the New England Air Museum. FREE.

## **LUNCH BUNCH: STEAMING TENDER ~ PALMER, MA**

**NOVEMBER 10TH FROM 11AM-3PM**

The "Steaming Tender" restaurant is situated in a 19th century Romanesque style train Station. Railroad enthusiasts from all over watch and take photos of the station and the many passing trains and view the many antiques that contribute to the impressive atmosphere. In addition to the ambiance, the food is superb — you will not be disappointed! *Menu available at receptionist desk.*

## **"A WONDERFUL LIFE" AT THE GOODSPEED OPERA HOUSE & LUNCH ~ EAST HADDAM, CT**

**NOVEMBER 19TH FROM 10:30AM-5:30PM**

Come experience this classic—now a musical! Bedford Falls comes alive as never before in this tuneful reimagining of the classic film! We will have lunch prior to the performance at the Gelston House right on the banks of the Connecticut river. **\$80/person to secure your reservation no later than November 13th.**

## **TAYLOR BROOK WINERY & LUNCH AT SWEET EVALINAS ~ WOODSTOCK, CT**

**NOVEMBER 20TH FROM 11AM-4PM**

Tucked in the scenic rolling hills of northeastern Connecticut, this country winery and tasting room promises to be a delightful experience. We will be stopping for lunch at Sweet Evalinas prior to our wine sampling excursion! You may choose to only sample 2 wines, which is complimentary, 8 wines for \$5.50, or all 12 wines for \$8.50. *Sweet Evalina's menu available at receptionist desk.*

## **MASHANTUCKET PEQUOT MUSEUM ~ MASHANTUCKET, CT**

**NOVEMBER 24TH FROM 9:30AM-4PM**

Take an immersive, eye-opening journey through time to learn about the land and its Native people. The Pequot Museum's award-winning, interactive, multi-media environment stimulates the senses, captures the imagination and stirs the spirit. Be sure to check out the trading post gift shop and grab some lunch at the Pequot café. Admission \$15.

### **PLEASE NOTE:**

**Mansfield Residents aged 60 and over will be eligible to register immediately for upcoming trips. One week (7 days) prior to the trip, the list will open for non-residents aged 60 and over to register. If you are a non-resident, please have your name placed on the waiting list. Participants will be moved to the main list in the order in which they registered. If you have any questions or would like more information on any of these trips, please contact Transportation Coordinator Gianna Stebbins at 860-487-9877.**



## ***MSCA TRAVEL with KAY***

### **Salute to our Veterans, West Springfield, Ma. November 10th ~**

Join us as we pay tribute and say thank you to our Veterans for their dedicated service to our Country. The show will feature patriotic songs, including Neil Diamond's *America*, Woody Guthrie's *This Land is Your Land*, *Let Freedom Ring* and many other timeless classics. Package includes Motor Coach, full-course sit down luncheon at the Carriage House and driver gratuity. Choice of Yankee Pot Roast, Roast Turkey or Baked Scrod. **\$75.00 pp.**

### **Salem Cross Inn, West Brookfield, Ma. December 3rd ~**

Spend the afternoon dining in a centuries-old New England Inn surrounded by the wonderful feeling of the holidays! Package includes: motor coach, visit to the Oakwood Farm Christmas Barn, an Apple Pie demonstration, lunch at the Salem Cross Inn, Monson Candle, meal taxes and gratuities, and driver gratuity. **\$75.00 pp.**

### **Resorts Hotel Casino, Atlantic City, NJ February 24th-26th, 2016 ~**

Package includes roundtrip Motor Coach, 2 nights accommodations, \$60.00 in Slot Bonus, \$60.00 in meal vouchers (one breakfast & two dinners), 2 shows in the Resorts Theater including a Patsy Cline and Roy Orbison Tribute Show, occupancy taxes, hotel baggage handling and driver gratuity. This trip sells out, so please deposit early! Deposit is \$75.00, plus \$25.00 for insurance if you wish you purchase it. **\$194.00pp.**

### **2016 Trips & Travel Fair November 19th from 1:00-3:00pm**

Find out all about our 2016 Trips  
& enjoy a fun afternoon with  
door prizes & light refreshments!

\* Clues: water, war, green & red \*

*For more information on any of these trips,  
contact Kay Warren at 860-429-0262, ext. 6.*

*Kay is available at the Senior Center  
on Mondays, Wednesdays & Fridays  
from 8:30am-2:00pm*

## ***NEW GROUPS***

### **MEMORABLE MONDAYS: THE STORY OF YOU**

Memorable Mondays is a new discussion group that meets every Monday from 10:00-10:45am.

Join us to share your memories & a cup of coffee or tea with a group of friends!

The topics for November are:

#### **NOVEMBER 2ND—IT'S MUSIC TO MY EARS**

"There will always be that one song which brings back all the old memories." - Anonymous

**Come share your favorite song, movie or tv show!**

#### **NOVEMBER 9TH—FRIENDSHIP NEVER ENDS**

"Life's greatest wealth lies not in gold, nor the luxury it lends, but rather in the memories of grand old times with friends." - Anonymous

**Come with a picture and stories of you  
and your best friends!**

#### **NOVEMBER 16TH—FAMOUS FIRST JOBS**

"Life is a succession of moments, to live each one is to succeed." - Anonymous

**Share the story of your first or favorite job!**

#### **NOVEMBER 30TH—THE GOOD OLD DAYS**

"You never know when a moment and a few sincere words will have an impact on a life." - Corita Kent

**Come with stories from high school, college, or  
whatever you consider "the good old days!"**

## ***COMPUTERS***


### **~ PC HELP ~**

**EVERY MONDAY AT 10:00AM**

**FREE COMPUTER AND/OR DIGITAL CAMERA HELP  
IS AVAILABLE WITH DAN GEBBEN, ONE OF THE  
COMPUTER COUNCIL'S TALENTED CONSULTANTS.**



# ~ TVCCA SENIOR CAFE NOVEMBER MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> CHICKEN PARMESAN PENNE PASTA WITH MARINARA ZUCCHINI PEACH CUP	<b>3</b> CUBAN BRAISED PORK LOIN YELLOW RICE & BLACK BEANS CHUCK WAGON MEDLEY ORANGE JUICE DANISH	<b>4</b>   SENIOR CENTER IS CLOSED	<b>5</b>   SENIOR CENTER IS CLOSED	<b>6</b> BBQ PULLED PORK BAKED BEANS SNAP PEAS PINEAPPLE CUP
<b>9</b> TUSCAN BEEF STEW BUTTERED NOODLES WINTER VEGGIES GRAPE JUICE CHOCOLATE CHIP COOKIE	<b>10</b> PINEAPPLE GLAZED HAM MASHED SWEET POTATOES ZUCCHINI & DICED TOMATOES FRUIT COCKTAIL	<b>11</b> VETERANS DAY   SENIOR CENTER IS CLOSED	<b>12</b> CHICKEN STEW GARLIC ROASTED POTATOES BABY CARROTS PEACH CUP	<b>13</b> CHEESE MANICOTTI WITH MARINARA GARLIC BREAD WAX BEANS & GREEN BEANS FRESH ORANGE
<b>16</b> BEEF STROGANOFF MASHED POTATOES MIXED VEGGIES PEARS WITH MANDARIN ORANGES	<b>17</b> TUSCAN BAKED CHICKEN SEASONED RICE FRENCH STYLE GREEN BEANS FRESH ORANGE	<b>18</b> MSCA 3RD WEDNESDAY  ROASTED TURKEY MASHED POTATOES STUFFING & GRAVY GREEN BEANS CASSEROLE CRANBERRY SAUCE PUMPKIN PIE  \$7.00 PER PERSON REGISTER BY 11/10	<b>19</b> HOT DOG WITH ROLL BAKED BEANS YELLOW SQUASH APPLESAUCE CUP	<b>20</b> CHICKEN TERIYAKI STEAMED RICE ORIENTAL VEGGIE ORANGE JUICE SUGAR COOKIE
<b>23</b> CHICKEN CACCIATORE PARSLEY POTATOES ITALIAN VEGGIES FRESH FRUIT	<b>24</b> SWEDISH MEATBALLS BUTTERED NOODLES CHUCK WAGON VEG PINEAPPLE CUP	<b>25</b> STUFFED PEPPER CASSEROLE CUMIN & GARLIC RUBBED POTATOES LONG BEAN MEDLEY GRAPE JUICE CUPCAKE	<b>26</b> <div>  </div> <div>           SENIOR CENTER IS CLOSED           SENIOR CENTER IS CLOSED         </div>	
<b>30</b> BEEF & BEAN CHILI STEAMED RICE CORN & LIMA BEANS APPLESAUCE CUP	<b>1% milk &amp; whole grain bread are served with each meal. Menu is subject to change without notice.</b>	<div>           Lunch is served at 12:00pm Monday through Friday            for individuals aged 60 &amp; over and their spouses. Suggested            voluntary donation is \$3.00, payable the day of the meal.            The price for those under 60 is \$12.10.            Please remember to make your reservation by 10am the day            before you plan to come for lunch!         </div>		

NAME \_\_\_\_\_

## ***ADULT & SENIOR SERVICES***

Kathy Ann Easley  
Adult Services/ Social Worker  
860-487-9873

Sarah Dufresne  
Outreach Social Worker  
860-487-9875

**HUMANSERV@MANSFIELDCT.ORG**

The Social Workers are available to assist Mansfield residents connect with services and programs that are available within the community.

This free service promotes independence and self-sufficiency by providing needs assessment, follow up services, advocacy, benefits counseling, as well as information and referrals.

### **FRIENDLY REMINDERS**

**Mobile Food Share** will be at  
Wright's Village on  
**November 12th**  
**from 11:30am-12:15pm**

The **ACCESS Community Action Agency** is now making appointments for **Energy Assistance**.  
Contact ACCESS at 860-450-7400  
1315 Main Street, Suite 2,  
Willimantic, CT 06226

It is almost time to review your Medicare Part D prescription drug plan or Part C Advantage Plan. We can help you navigate through your options. Make an appointment today!  
**Open Enrollment is October 15<sup>th</sup> through December 7<sup>th</sup>**

Dealing with Low Vision?  
Join our Low Vision Group for support, friendship and helpful tips.  
**December 9th from 11:00am-12:00pm**

Caring for a parent, spouse or disabled adult child?  
Join our Caregiver's Group for support and confidential conversation with peer caregivers.  
**November 18th from 3:00-4:00pm**

## ***LOCAL RESOURCES***

The Commission on Aging studies the conditions and needs of elderly persons in the Town in relation to housing, economics, employment, health and nutrition, recreation, transportation and other matters. Members serve as a resource group to which Mansfield citizens can turn either individually or as groups when they have problems or questions about programs or needs of the elderly.

***The Commission on Aging meets at the Senior Center on the second Monday of each month at 9:30 am, and the public is encouraged to attend. For more information, please contact Commission Chair Will Bigl at 860-429-0180.***

**Eldercare Attorney Joelen Gates provides free legal services for those in need. Attorney Gates is available by phone at 860-786-6372 or by appointment in her Willimantic office.**

### **AARP CONNECTICUT**

The latest news, information and events for Connecticut Residents 50+  
For more information, visit  
**[www.aarp.org/region/Connecticut](http://www.aarp.org/region/Connecticut)** or  
**[www.facebook.com/aarpct](https://www.facebook.com/aarpct)**

### **SENIOR RESOURCES**

***AREA AGENCY ON AGING***  
19 OHIO AVENUE, NORWICH CT

Senior Resources' mission is to provide information and services to the aging population, individuals with disabilities, their families and care providers to maintain or improve their independence and quality of life.


**FOR MORE INFORMATION, VISIT  
[WWW.SENIORRESOURCES.ORG](http://WWW.SENIORRESOURCES.ORG)**

**DIAL-A-RIDE TRANSPORTATION** is available for Mansfield residents. Please call 860-456-1462 at least **48 hours** in advance. This service is provided by the Windham Regional Transportation District.



# ~ NOVEMBER ~



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2.</b> 9:00 SR. AEROBICS 9:00 WALKING DVD 10:00 PC HELP 10:00 WII BOWLING 10:00 QUILTING 10:00 MEMORABLE MONDAY 10:15 SPARKETTES 12:00 LUNCH 1:00 MAHJONGG <b>1:00 MOVIE:</b> <b>STILL ALICE</b> 1:30 CHORUS	<b>3.</b> 9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:00 SCRABBLE 11:00 PWR OF AGING 12:00 LUNCH 1:00 BINGO <b>2:30 COMPUTER COUNCIL MTG</b> <b>3:30 DIABETES ED.</b>	<b>4.</b>  <b>SENIOR CENTER IS CLOSED</b>	<b>5.</b>  <b>SENIOR CENTER IS CLOSED</b>	<b>6.9:00 WALKING DVD</b> <b>9:00 NEWCOMER'S BREAKFAST</b> 10:00 SCRABBLE 10:00 KNITTING 10:00 PHOTO CLUB 10:00 WII BOWLING 10:00 TAI CHI DVD <b>10:00 WADSWORTH ATHENEUM TRIP</b> 11:00 BRAIN AEROBICS 12:00 LUNCH 1:00 ART STUDIO <b>2:00 SMILING SRS</b>
<b>9.</b> 9:00 AEROBICS 9:00 WALKING DVD <b>9:00 MINI SPA</b> <b>9:30 COMMISSION ON AGING MTG</b> 10:00 PC HELP 10:00 WII BOWLING 10:00 MEMORABLE MONDAY 10:15 SPARKETTES 12:00 LUNCH <b>12:30 FLYING TIGERS TRIP</b> 1:00 MAHJONGG 1:30 CHORUS	<b>10.</b> 9:00 STRENGTH & STABILITY <b>9:00 SAVVY SOCIAL SECURITY</b> 10:00 WII BOWLING 10:00 SCRABBLE 10:00 GENEALOGY <b>11:00 STEAMING TENDER TRIP</b> 11:00 PWR OF AGING 12:00 LUNCH 12:30 MSCA MTG 1:00 BINGO <b>6:30 MS SUPPORT</b> <b>*VETERANS DAY TRIP</b>	<b>11.</b>   <b>VETERANS DAY</b>  <b>SENIOR CENTER IS CLOSED</b>	<b>12.</b> 9:00 S & S <b>9:00 MASSAGE &amp; REFLEXOLOGY</b> <b>9:00 REIKI</b> 10:00 WII BOWLING 10:15 SPARKETTES <b>11:00 AUDIOLOGY APPOINTMENTS</b> <b>11:30 FOODSHARE</b> 12:00 LUNCH 12:00 PWR. OF AGING 1:00 BRIDGE 1:00 JEWELRY <b>1:30 BRINGING THE CULTURES TOGETHER</b> 3:15 SR. AEROBICS	<b>13.</b> 9:00 WALKING DVD <b>10:00 VETERANS DAY CELEBRATION</b> 10:00 SCRABBLE 10:00 KNITTING & CROCHETING 10:00 WII BOWLING 10:00 TAI CHI DVD 11:00 BRAIN AEROBICS 12:00 LUNCH 1:00 ART STUDIO
<b>16.</b> 9:00 SR. AEROBICS 9:00 WALKING DVD 10:00 PC HELP 10:00 WII BOWLING 10:00 MEMORABLE MONDAY 10:15 SPARKETTES 12:00 LUNCH 1:00 MAHJONGG 1:30 CHORUS	<b>17.</b> 9:00 STRENGTH & STABILITY <b>9:00 PODIATRIST</b> <b>9:30 WII BOWLING v. COLCHESTER</b> 10:00 SCRABBLE 11:00 PWR OF AGING 12:00 LUNCH 1:00 BINGO <b>3:30 DIABETES ED.</b>	<b>18.</b> 9:00 WALKING DVD 9:30 WOOD CARVING 10:00 TAI CHI DVD 10:00 WRITING GRP. 11:00 YOGA <b>12:00 THANKSGIVING LUNCHEON &amp; BETH USHER PROGRAM</b> 12:00 CAUSERIES 1:00 FUND. OF TAP 1:00 VNA EAST <b>3:00 CAREGIVER'S SUPPORT GRP</b>	<b>19.</b> 9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:15 SPARKETTES <b>10:30 GOODSPEED TRIP</b> 12:00 LUNCH 12:00 PWR OF AGING 1:00 BRIDGE 1:00 JEWELRY <b>1:00 TRIPS &amp; TRAVEL FAIR</b> 3:15 SR. AEROBICS	<b>20.</b> 9:00 WALKING DVD 10:00 SCRABBLE 10:00 KNITTING & CROCHETING 10:00 PHOTO CLUB 10:00 WII BOWLING 10:00 TAI CHI DVD <b>10:45 YOGA DANCE</b> 11:00 BRAIN AEROBICS <b>11:00 TAYLOR BROOK WINERY TRIP</b> 12:00 LUNCH 12:45 DUP. BRIDGE





# ~ NOVEMBER ~



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

23.

9:00 SR. AEROBICS  
9:00 WALKING DVD  
10:00 PC HELP  
10:00 WII BOWLING  
10:00 QUILTING  
10:00 MEMORABLE  
MONDAY  
10:15 SPARKETTES  
12:00 LUNCH  
1:00 MAHJONGG  
1:30 CHORUS

24.

9:00 STRENGTH &  
STABILITY  
**9:30 PEQUOT  
MUSEUM TRIP**  
10:00 WII BOWLING  
10:00 SCRABBLE  
11:00 PWR. OF AGING  
12:00 LUNCH  
1:00 BINGO

25.

9:00 WALKING DVD  
9:30 WOOD CARVING  
**10:30 THANKFUL  
GATHERING**  
10:00 TAI CHI DVD  
10:00 WRITING GRP  
11:00 YOGA  
12:00 LUNCH  
12:00 CAUSERIES  
1:00 WII BOWLING

26.



**SENIOR CENTER  
IS CLOSED**

27.

**SENIOR CENTER  
IS CLOSED**

30.

9:00 SR. AEROBICS  
9:00 WALKING DVD  
10:00 PC HELP  
10:00 WII BOWLING  
10:00 MEMORABLE  
MONDAY  
10:15 SPARKETTES  
12:00 LUNCH  
1:00 MAHJONGG  
1:30 CHORUS

### We want to see your Baby Face!

During the month of November we'll be playing a game called "Guess Who." Between November 2nd and 6th bring in your baby picture, which will be posted on a bulletin board. Your mission is to guess whose baby picture is whose! We'll reveal the answers on Monday, November 30th!



### ~ RANDOM ACTS OF KINDNESS ~

In honor of Beth Usher,  
we're asking members of our community to practice Random Acts of Kindness throughout the month of November!

Email Sarah your pictures or stories at [taylor@mansfieldct.org](mailto:taylor@mansfieldct.org) so that we can display them at the Senior Center and show just how much kindness we can spread throughout the world!



### RIDDLE ME THIS



Answer the riddle below and win a chance for a **Free Lunch** at the Senior Center!

Drop your entry off at the Reception Desk or mail it to:  
Mansfield Senior Center/MSCA,  
303 Maple Road, Mansfield, CT  
06268, Attn: Riddle.

Submit your entries by November 30th to qualify for the drawing. At the end of that day, we will draw one name from all of the correct entries. One entry per person, please.

**Always old, sometimes new.  
Never sad, sometimes blue.  
Never empty, sometimes full.  
Never pushes, always pulls.  
What am I?**

### ENTRY FORM

NAME \_\_\_\_\_

PHONE # \_\_\_\_\_

ANSWER: \_\_\_\_\_

# JORGENSEN

CENTER FOR THE PERFORMING ARTS



**MUNICH SYMPHONY ORCHESTRA**  
NOVEMBER 2ND ~ 7:30PM

**ELIAS QUARTET**  
NOVEMBER 15TH ~ 3:00PM

**JESSICA LANG DANCE**  
NOVEMBER 19TH ~ 7:30PM

**PATTI GRIFFIN, SARA WATKINS, ANAIS MITCHELL**  
MARCH 5TH ~ 8:00PM

**EBENE QUARTET**  
MARCH 6TH ~ 3:00PM

**SOLOMIYA IVAKHIV**  
MARCH 21ST ~ 7:30PM

**RUBBERBANDANCE GROUP**  
MARCH 23RD ~ 7:30PM

**SWAN LAKE BALLET**  
APRIL 1ST ~ 8:00PM

**ARTEMIS STRING QUARTET**  
APRIL 15TH ~ 8:00PM

**DOVER QUARTET**  
APRIL 24TH ~ 3:00PM

PLEASE CALL KATHY YAFFEE TO ADD YOUR NAME TO  
THE PARTICIPANT LIST OR FOR MORE INFORMATION.

## TAX AID VOLUNTEERS NEEDED!

Volunteers are needed for the upcoming AARP/IRS tax preparation season! Come join a great group of volunteers in helping to prepare tax returns for Seniors and low-income area residents. We meet at the Senior Center on Mondays & Wednesdays during tax season. You will receive complete training on the IRS software and on the job training. If interested, call Local Coordinator Claire Gates At 860-429-1898.

## MEALS ON WHEELS VOLUNTEERS NEEDED!

Help deliver meals to homebound Seniors.  
Deliveries are made mid-day  
Monday through Friday.

If interested, please call Site Server  
Sharon Caron at 860-429-0262, ext. 8



- 1 Robert Lester, Elizabeth Lang, Robert Homans
- 2 J.P. Arnold
- 3 Kay Warren, Donald Debella
- 5 Joan Cole, Karin Rickards, Laura Sprague
- 6 Eileen Curron, Herbert Perkins, Cathy Strauch
- 7 Mary Elizabeth Long, Robert Marrotte, Raymond Chaput, Katherine Richards
- 8 Mary Hussey
- 9 Nelson Orringer, Carolyn Alfand
- 10 Donald Hoyle
- 11 James Leta, David Limberger, Rose Morton, Hazel Rubins
- 12 Linda Lee Hill, Edward Wong
- 13 Edith Taylor, Stanley Bevin, Sandra Pelc, Bobbie Palmer, Nell Mulkern, Elizabeth Lacouture
- 14 Eleanor Costello, Joe Chasin
- 15 Marilyn Smith, Judith Marcus, Sherman Clebnik
- 16 Edwin Hodgkins, Eleanor Peters, Uenda Hicking, Helen Armstrong, Benedict Maciuika
- 17 Virginia Todd, Evelyn Vegiard, Richard Warren
- 18 Carol Ames, Lillian Lawrence, Anita Satriano
- 19 Shirley Malinowski, Pascal Prignano, Bill Lawson
- 20 Michael Gerald, Gina Mastrangelo, Nora Stevens, Barry Juhasz
- 21 Kenneth Tremblay, Linda Lee Doubleday, Annie Raynor, Alice Jansen, Walter Carr
- 23 Linda Miles, Peter Rich
- 24 Kendall Rhee, Linda Dos Santos, Ravi Jain, Virginia Field, Beverly Elwood, Virginia Gorin, Tom Gorin
- 25 Carole Hall, Donald Wetherell, Brenda Chase, Tina Fu, Elaine Russo
- 26 Karna Secker, Evelyn Drouin, Ann Smith
- 27 Susan Gill, David Palmer, Cheryl McClain, Christy Raffa, Linda Ryan
- 28 Scott Lehmann, Yuan-Gen Yin, Maureen Szarek
- 29 Richard Long, George Campbell
- 30 Andrew Horila, Bill Coughlin



# NEWSLETTER SPONSORS

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# FUTURE NEWSLETTER SPONSORS

FOUR LINES FOR 12 ISSUES IS \$100.00. BUSINESS CARD SIZE FOR 12 ISSUES IS \$300.00

**Karen L. Taylor, at 860-429-3315 or Email: [HumanServ@mansfieldct.org](mailto:HumanServ@mansfieldct.org)**



**PLEASE BE SURE TO PATRONIZE AND THANK OUR SPONSORS.**  
**THEY HELP MAKE THIS NEWSLETTER POSSIBLE!!**

**SENIOR SPARKS NEWSLETTER**  
**Mansfield Senior Center**  
**303 Maple Road**  
**Mansfield, Connecticut 06268**

**POSTMASTER: DATED MATERIAL**  
**PLEASE DELIVER PROMPTLY**

PUT LABEL  
IN THIS BLOCK

### **Sparks Subscription**

Please Note:

The date on your label is your renewal date.

Date: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

Town: \_\_\_\_\_ ZIP: \_\_\_\_\_

Renewal: \_\_\_\_\_ New: \_\_\_\_\_

**\$12.00 First Class**

Amount Enclosed: \_\_\_\_\_  
(Please make checks payable to MSCA)

**Mansfield Senior Center**  
**Attn: Kathy Rule**  
**303 Maple Rd**  
**Mansfield CT 06268**

### **DO YOU NEED TRANSPORTATION?**

**FREE TRANSPORTATION  
TO MEDICAL & DENTAL APPOINTMENTS  
IS AVAILABLE FOR MANSFIELD RESIDENTS  
AGED 60 AND OLDER AND THOSE ADULTS  
(18 YEARS OF AGE AND OLDER) WHO  
RECEIVE SOCIAL SECURITY DISABILITY**

- \* Our drivers are available  
Monday through Friday  
from 8:30AM - 4:30PM
- \* We kindly request 48-72 hours notice,  
although special exceptions for emergency  
requests will be made depending upon  
volunteer availability.
- \* For out-of-district medical transport  
(i.e. Glastonbury, Manchester, Norwich)  
7-10 days notice is required.

**PLEASE CALL GIANNA STEBBINS,  
TRANSPORTATION COORDINATOR,  
AT 860-487-9877  
FOR MORE INFORMATION**